

NEWS RELEASE

FOR IMMEDIATE RELEASE

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Summit Family Fitness Center Offers Free Tae Kwon Do Demonstration

(Temple) – Summit Family Fitness Center invites the community to an exciting free Tae Kwon Do demonstration at 11:00 am on Saturday, June 30th, at the Summit (620 Fryers Creek Road). Tae Kwon Do is a great way to escape the daily technological distractions and calm the mind, relieve stress, and improve strength and overall physical fitness.

This new Ultimate Defense class, led by Sensei Richard Hahn, combines ancient sparring techniques with a strong element of self-defense, sport, and exercise.

Sensei Hahn challenges both his old and young students to unplug from their fast-paced lives and spend some time in the Dojo. “Children as young as eight years old as well as adults have found the program beneficial for not only those who want to stay physically strong, but mentally strong as well.”

“Life is so much different once someone finds themselves in the Dojo,” explains Sensei Hahn, referring to the matted area where the art is practiced. “Cell phones, pagers, email, Twitter updates, and Facebook feeds all go to the side when participants unplug from the technological noise and refocus on calming the mind.” Sensei Hahn describes his class as a place where, “...students have the chance to develop personal discipline, respect for others, and exercise mental toughness through mastering physical moves that improve strength, overall conditioning, balance and agility.”

Participants who enroll in the program have the opportunity to earn their first belt, called a kup, after 25 hours of training. Aron Catchings, Sensei Hahn’s daughter, remembers the day she earned her first kup. “I was so proud of that yellow belt! Practicing Tae Kwon Do helped me understand that I

was stronger in ways I didn't realize, and it continues to help me sort through so many things in my daily life. While I've gone through the progression and have earned my Black Dan, the lessons learned while earning the Yellow kup endure to this day."

Ultimate Defense will be offered every Wednesday at 7:30pm beginning July 11th, 2012. Each Ultimate Survivor Defense class is 90 minutes long. Single visit passes, individual program registration and special rates for families who want to study together are available to both Summit members and non-members.

For more information about Ultimate Defense, contact Ron Germann at 254.298.5408.

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